



Vegetable Stuffing Casserole

READY IN



30 min.

SERVINGS



8

CALORIES



458 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter melted
- 21.5 ounce campbell's® condensed cream of celery soup canned
- 6 ounce french-fried onions canned
- 30 ounce vegetables mixed canned
- 12 ounce bread stuffing mix dry

Equipment

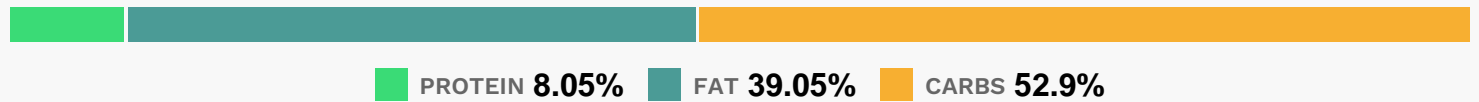
- oven
- casserole dish

aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Drain one can of the mixed vegetables and pour both cans into a 2 quart casserole dish (one with a lid, preferably).
- Pour cream of celery soup over vegetables (use only one can for a drier casserole); gently stir until well mixed.
- Spread fried onions over vegetables and then spread the stuffing on top of the onions.
- Pour melted butter over stuffing; cover dish with a lid or with aluminum foil.
- Bake in preheated oven for 20 to 25 minutes. Cool for a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:18.252608768318%

Nutrients (% of daily need)

Calories: 457.57kcal (22.88%), Fat: 19.99g (30.75%), Saturated Fat: 8.44g (52.74%), Carbohydrates: 60.93g (20.31%), Net Carbohydrates: 54.86g (19.95%), Sugar: 4.55g (5.05%), Cholesterol: 20.09mg (6.7%), Sodium: 1251.44mg (54.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Vitamin A: 5745.36IU (114.91%), Manganese: 0.66mg (33.22%), Selenium: 22.26µg (31.8%), Vitamin B1: 0.4mg (26.73%), Folate: 103.95µg (25.99%), Fiber: 6.07g (24.28%), Vitamin B3: 3.99mg (19.94%), Vitamin B2: 0.29mg (17.27%), Iron: 3.01mg (16.73%), Phosphorus: 146.8mg (14.68%), Copper: 0.29mg (14.31%), Vitamin C: 11.21mg (13.59%), Vitamin K: 13.94µg (13.28%), Magnesium: 46.44mg (11.61%), Potassium: 405.91mg (11.6%), Vitamin B5: 1.05mg (10.49%), Calcium: 93.47mg (9.35%), Vitamin E: 1.34mg (8.95%), Vitamin B6: 0.17mg (8.72%), Zinc: 0.97mg (6.47%)